# A Woman’s Guide to Sex Toys

Everyone’s sex life can be vastly improved with the right sex toy. Whether you are single, just casual or in a relationship, sex toys are incredibly beneficial to our physical and mental health. The right toy can help with physical issues such as cramps, poor sleep or an inability to orgasm. Using them can make us feel more confident, happier and can improve our sexual relationship with ourselves and our partners. Pleasure is an important form of self-care, and our toys are designed to inspire sexual well-being, stimulate intimate satisfaction and bring pleasure to the forefront.

## Categories Of Sex Toys

### External Toys

These toys are designed to stimulate the clitoris or anywhere else externally on the body. An external vibrator such as a bullet is the perfect beginner sex toy, as you can control the intensity and go at your own pace while you explore.

External toys often vibrate, but they can also create stimulation by using suction technology or sonic waves. They are perfect for teaming with other insertable toys or for use during partnered sex.

The right external sex toy depends entirely on you and your preferences.

• A simple clitoral vibe such as Pleasure No. 1 – The Seed or The Crave Wink would be perfect for buildable pleasure.
• For higher intensity, a wand vibrator offers more contact and more powerful vibrations. Pleasure No. 5 – The Wand is a great option.
• If you find vibrations numbing or too intense, you may want to opt for a toy that stimulates without a lot of clitoral contact, such as a suction or sonic toy. Coco De Mer Pleasure Number 7 – The Stimulator or

Lelo Sila Cruise is designed to form a suction around the clitoris, providing stimulation without vibrations.

Coco de Mer Pleasure No. 1 – The Seed

Coco De Mer Pleasure No. 5 – The Wand

Coco De Mer Pleasure Number 7 – The Stimulator

## Internal Toys

Internal toys are designed to be inserted into the vagina and are available as dildos, love eggs, kegel balls, and more. These toys can be both vibrating and non-vibrating, thrusting and non-thrusting, and are designed with different shapes and textures to stimulate different sensations.

### Which internal stimulator is best for you?

Depending on your preferences, you can opt for something slim, curved and G-Spot stimulating such as Pleasure No. 3 – The G Spot.
Love eggs are another excellent option for internal pleasure. Love eggs are spherical or egg-shaped toys offering powerful internal vibrations, less focused on motion and more focused on a full feeling. They can be used to strengthen the vaginal walls through kegel exercises or inserted and controlled via remote control for buildable pleasure. The Lelo Lyla 2 is a great vibrating option.

Coco de Mer Pleasure No3 – The G Spot

Lelo Lyla 2

## Internal and External Combination

This category of toy offers the best of both worlds. These toys are designed with an insertable length and external stimulation, which is a great option that only requires one hand to use. These toys are perfect for solo sex but can be incorporated into foreplay and anal play with a partner for overwhelming pleasure.
Most follow a silhouette of having a longer and larger insertable section and a smaller external stimulator. The clitoral vibrator sometimes features a rabbit ear shape intended to sit on either side of the clitoris, but these can also look like bullet and suction vibrators.

Pleasure No 2 – The Dual Vibrator, Lelo Tiani Duo and Lelo Ida Wave an obvious choice that guarantees powerful internal and external sensations.

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| Coco de Mer Pleasure No2 – The Dual Vibrator | Lelo Tiani Duo |

## Couples Toys

Any toy can be enjoyed with a partner, but this broad category is for toys designed specifically for both of you to enjoy. These toys can take on many shapes and functions, often slim and discreet in profile so as not to get in the way of penetrative sex.

Some couples toys are designed to stimulate one person while the other person controls the remote, such as the Lelo Lyla 2. This toy can be incorporated in long term foreplay for all-day teasing or used by hand as a normal vibrator while your partner controls the sensation.

## Introducing Toys to the Bedroom

While it may seem daunting to have a conversation about sex toys with a partner, it needn't be a big deal or a serious discussion. Sex toys are simply an enhancing addition to your sex life, just like beautiful lingerie or trying a new position. Framing the conversation positively and casually

will avoid any potential for bruised egos. Using positive phrases such as “I’d love it if you —” or “It turns me on when you —” are confidence-building ways to tell your partner how you feel and what you want.

Include your partner in the process by shopping for a toy together, discussing what you are both interested in and any fantasies you both may have. The act of browsing and picking a toy together can be a sexy foreplay element before you have even stepped foot in the bedroom.

## To Sum Up

Times have changed, and sex toys are no longer something to feel apprehensive or ashamed of.